

SPICE UP YOUR LIFE - LINDSAY YOUNG

Try as you 'maple,' you can't avoid these delicious bars forever



Maple apple pie bars combine the sweetness of apples with maple syrup, brown sugar, vanilla and cinnamon to create a delicious dessert, worthy of enjoying alongside a hot cup of coffee.

I generally make the exact same New Year's resolution each year.

Unfortunately, I'm pretty sure my resolution messes up some of your resolutions, so I'll apologize in advance for the calorie-laden recipes that will continue to grace my column in the coming months.

It's necessary, though, in order for me to meet my ultimate goal: cleaning out my fridge, pantry and freezer.

Throughout the year, I tend to collect all kinds of random ingredients, from those that are leftover from experiments to things I find on the sale shelf and can't leave there—just in case the perfect recipe comes along.

The first item to exit my freezer in the spirit of a new year? A plastic bag of peeled and diced Granny Smith apples.

I bought a huge bag of apples months ago, because it was being cleared out, and I couldn't pass them up. So here they are, now in all their unhealthy glory.

This comes from the blog "A Latte Food." You can find the original post at <https://www.alattefood.com/maple-glazed-apple-blondies/>. I added extra vanilla and cinnamon in my version.

Creamy Tuscan Shrimp

Ingredients

Filling Ingredients

- 2 large apples, diced (I used Granny Smiths)
- 2 tablespoons brown sugar
- 1 tablespoon butter
- 1 teaspoon vanilla
- 1 heaping teaspoon cinnamon

Bar Ingredients

- 1 cup butter
- 1/4 cup sugar
- 1 cup brown sugar
- 2 eggs
- 2 teaspoons vanilla
- 1/2 teaspoon salt
- 2 cups flour
- 1 teaspoon baking powder
- 1 heaping teaspoon cinnamon

Glaze Ingredients

- 2 tablespoons butter
- 1/4 cup pure maple syrup
- 1/2 teaspoon vanilla
- 1/4 teaspoon ground cinnamon
- 1/2 cup powdered sugar

Directions

Preheat the oven to 350 degrees. Prepare an 11-by-seven-inch baking pan (I actually used an eight-by-eight) by spraying it with cooking spray, and set it aside.

For the filling, combine all of the ingredients in a saucepan, and heat over medium-low, stirring regularly. Once it comes up to temp and the butter and sugar are melted together, cook for another three or four minutes, and then set it aside to cool.

For the bar layer, cream the butter, brown sugar and regular sugar together. Beat until everything is combined and the mixture is light and fluffy.

Beat in each egg, one at a time, and then beat in the salt and vanilla.

Finally, beat in the flour, baking

powder and cinnamon until the dough is well combined.

Spread half of the dough evenly into your prepared pan.

Spread the apple filling evenly over the dough layer.

Spread the other half of the dough on top of that. (This is easier said than done. I ended up doing rough dollops all over the top and lightly spreading them out with a scraper. Don't worry about not getting 100-percent coverage.)

Bake for 25 to 30 minutes until a toothpick inserted in the center comes out clean.

Let the bars cool while you make your glaze.

Add the butter, syrup, vanilla and cinnamon to a saucepan and heat it over low heat, stirring regularly. Once everything is melted and well-combined, remove the pan from the heat and whisk in the powdered sugar until all of the lumps are gone. (You can speed that process up by sifting the sugar into the pan.)

Allow the glaze to cool for about 10 minutes so that it thickens, and then pour it over the bars. Once the glaze and the bars are fully cooled, slice them and serve.

Store leftovers in an airtight container.

These were delicious. They were soft and flavorful. I love the combination of maple, cinnamon and apples, and these bars were a great dessert to share with friends.

I'm sorry if these sugar-filled, delicious bars mess with any of your resolutions going into 2026. But if it's any consolation, there is a really nice empty space in my freezer.

Spice Up Your Life is a weekly recipe column by Lindsey Young, who describes herself as an enthusiastic amateur cook and can be reached through her website at spiceupkitchen.net.

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, January 14, 2026)

IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS

IN THE MATTER OF THE ESTATE OF

DUANE S. HELUS A/K/A

DUANE SCOTT HELUS, DECEASED

LC-2025-PR-000017

Proceeding Pursuant to K.S.A. Chapter 59

NOTICE OF HEARING AND NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are notified that on **December 29, 2025**, a petition was filed in this Court by **Linda Rosebrook**, as executor named in the Last Will and Testament of **Duane S. Helus a/k/a Duane Scott Helus**, deceased, dated April 27, 2009, requesting the Will filed with the petition be admitted to probate and record; Petitioner be appointed as executor, without bond, and Petitioner be granted Letters Testamentary.

You are required to file your written defenses to the Petition on or before **February 9, 2026 at 10:00 AM** in the District Court of Lincoln County, Kansas, at which time and place the cause will be heard. Should you fail to file your written defenses, judgement and decree will be entered in due course upon the petition.

All creditors are notified to exhibit their demands against the Estate within the latter of four months from the date of first publication of notice under K.S.A. 59-2236 and amendments thereto, or if the identity of the creditor is known or reasonably ascertainable, 30 days after actual notice was given as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

Linda Rosebrook
PETITIONER

James R. Angell, #19329
KENNEDY BERKLEY, P.A.
119 W. Iron Ave., 7th Floor
Salina, KS 67401
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ATTORNEYS FOR PETITIONER

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, January 14, 2026)

Lincoln County, Kansas, Treasurer's Quarterly Report	
as of December 31, 2025	
Fund	Fund Balance
General Fund	\$ 384,275.25
Road and Bridge (Highway)	133,287.19
Special Bridge	284,287.94
Special County Road	39,483.96
Special Machinery	141,088.33
Special Road Improvement	218,414.02
spec hwy improvement fund	142,780.88
Refuse	171,654.76
Ambulance CPR	1,144.24
Ambulance Fund	60,846.16
Ambulance Fund-Capital Outlay	119,180.94
Capital Improvement Fund- Co General	2,008,448.32
Equipment Reserve	266,101.00
Lincoln County 911 Fund	211,287.22
Employee Benefit Fund	329,549.03
Health Insurance Claim Fund	936,662.81
Emerg Mngt Cert Grant	151.07
Grants	69,130.83
County Health Fund	11,770.14
County Health-Capital Outlay	120,336.69
Home For Aged-Emergency & Repair	124,595.85
Law Enforcement Fund	25,075.58
Noxious Weed-General	38,696.20
Noxious Weed-Capital Outlay	44,159.57
Reappraisal-Capital Outlay	17,976.09
Rescue Squad Fund	136,986.96
Repeater Board Fund	14,853.36
Transportation bus fund	1,028.21
Barnard RFD-Special Equipment	55,964.37
Beverly RFD-Special Equipment	84,576.16
First RFD-Special Equipment	62,444.66
Hunter RFD-Special Equipment	51,248.75
Sylvan Grove RFD-Special Equipment	95,582.58
Barnard RFD-General	6,727.18
Beverly RFD-General	3,644.21
First RFD-General	3,275.04
Hunter RFD-General	8,720.34
Sylvan Grove RFD-General	7,589.90
Ambulance Memorial Fund	1,645.35
Rescue Squad Memorial Fund	2,490.00
First Rural Fire Dept Memorial	1,292.50
County Health Memorial	467.97
Asset Forfeiture-Suspense	1,168.00
LEPC- Emergency planning	229.31
Delia Pittard Bequest Fund	582,353.45
LC Childrens Health Care Endowment	308,626.97
Wildlife and Park Fees	3,321.04
Beverly RFD Memorial Fund	10,749.85
Windpower Capital Improvement	521,042.52
Windpower Economic Benefit	6,126,399.82
Windpower -Interest earned	259,775.42
Drivers License	8.00
American Rescue Plan	258,168.41
LACTF	90,020.00
Emergency Management	78.16
DARE Fund	286.40
Crime Victims Restitution	31,512.68
Law Enforcement Trust Fund	3,106.61
Spec Prosecutors Div Fund	310.00
PATF	1,512.34
Water Recovery Team	2,646.93
Retailers Sales Tax	14.03
Treasurers-Technology Fund	1,235.59
Clerks-Technology Fund	12,078.51
Reg Deeds-Technology Fund	20,843.56
Sheriffs Opioid Fund	9,448.58
Sheriffs Concealed Carry	1,610.00
Sheriffs Regis Offender	1,555.60
Treas Motor Vehicle Fund	35,336.30
Motor Vehicle Advance Payment Fund	4,867.21
Commercial Vehicle Fund	1,058.25
Advance Tax Account	1,023.88
Current Tax	6,623,550.17
Pers Prop Tax Warrants	4,234.29
Real Estate Redemptions-Prior Yrs	16,813.23
CMV Tax Accounty	370.84
Motor Vehicle Tax Account	119,067.01
RV Tax Account	2,439.09
Vehicle Excise Tax	5.41
Tax Foreclosure Sale	50.64
Insufficient Funds Checks	59.00
Salt Creek Watershed	250.80
Spillman Creek Watershed	26.05
VIN Inspection Fund	4,681.97
State Heritage Trust Fund	671.00
Barnard city-General	1,465.00
Long and Short	4.55
Total All Funds	\$ 21,502,998.08
State of Kansas, Lincoln County)ss.	
I do solemnly swear that the above statement is complete, true, and correct to the best of my knowledge and belief, so help me God.	
Mary Ann Stertz, County Treasurer, Lincoln County, Kansas	
SUBSCRIBED AND SWORN TO before me this 31st of December, 2025.	
Sara L Larson, Notary Public	
My commission expires Feb 06, 2028.	

Mitchell County Hospital celebrates grand opening of renovated North Wing

Mitchell County Hospital Health Systems (MCHHS) is excited to announce the unveiling of its newly renovated North Wing. This modern, patient-centered space demonstrates the hospital's continued commitment to providing exceptional healthcare close to home.

The community is invited to an open house and ribbon cutting celebration on Friday, January 23rd, from 11:30 am to 1:00 p.m. Come meet our dedicated care teams and experience the thoughtful design enhancements firsthand.

The new wing offers a comfortable waiting area and 14 patient consultation, examination, and treatment rooms, designed to create a cohesive and positive care experience for those seeking the following services:

- General Surgery - Surgical Clinic (Dr. Owens and Dr. Banker)
- Women's Health - Gynecology & Surgical Clinic (Dr. Prendergast)
- Cardiopulmonary Rehabilitation (Nicole Carlin, RN)

- Massage Therapy (Maggie Eilert, Certified Massage Therapist)

Patients receiving services in the North Wing should park on the north or northeast sides of the hospital and enter the clinic directly from West 10th Street. Patient Registration staff will greet and assist you inside prior to your appointment.

The completion of this renovation underscores MCHHS's ongoing investment in facilities, services, and environments that support high-quality care.

Kansas Farm Bureau accepting registrations for Campaign School, mini sessions

MANHATTAN —Kansas Farm Bureau's (KFB) Campaign School will hold its comprehensive two-day training at the Wichita Regional Chamber of Commerce on April 15-16. It also will offer seven mini sessions around the state from March to September. The sessions are for current office holders, future candidates, campaign managers and volunteer leaders and will share how to mount a successful campaign.

"Putting your name on the ballot for any public office is the first step of many before raising your hand and swearing your oath of office," KFB's Director of Political Affairs Brenden Wirth says. "KFB's Campaign School can help you take crucial steps to give you a winning advantage on Election Day. This program has been used across the nation with candidates winning more than 80 percent of their races."

This nonpartisan, unbiased program offers in-depth instruction from national, state and local political experts on topics like strategy,

tactics, selecting issues, budgeting, fundraising and identifying voters. KFB Campaign School is designed to give potential candidates a solid foundation as they seek elected office. It also offers incumbents an opportunity to enhance their campaign skills.

KFB Campaign School is limited to 20 participants and costs \$300 for Farm Bureau members of Kansas and \$350 for nonmembers. Each participant is allowed to have one member of their campaign attend for an additional \$100.

Mini sessions are condensed opportunities to learn the fundamentals of campaign management skills and cost \$60 for KFB members and \$85 for nonmembers. Up to 20 participants can take part in each session. They will be offered from 1-5 p.m. on the following dates and locations:

- March 5 — Kansas Farm Bureau headquarters, 2627 KFB Plaza, Manhattan
- March 25 — Overland Park

Chamber of Commerce, 9001 W. 110th St. #150, Overland Park

- May 21— Montgomery County Farm Bureau, 217 Myrtle St., Independence
- June 17 — Bank of Tescott meeting room, 101 E. Main St., Beloit
- July 9 — Dodge City Community College Student Board Room, 2501 N. 14th St., Dodge City
- Aug. 20 — Colby Community College Ag Building, 1255 S. Range Ave., Colby
- Sept. 9 — Hutchinson/Reno County Chamber of Commerce, 117 N. Walnut St., Hutchinson

To learn about KFB's Campaign School or register for any of the upcoming sessions, visit www.kfb.org/CampaignSchool. If you aren't a member but would like to become one to save on the registration fee for Campaign School, becoming a member is easy at www.kfb.org/join.

Got a great local story or pictures?

email: lincolnksnews@gmail.com